

PDA After-School Reset

One-page nervous system plan for the hardest hour of the day (PDA + AuDHD).

Why after-school hits hard

- All-day performance + masking
- Social/sensory drain
- Nervous system crash at home

Parent nervous system first

- Stop interpreting tone as disrespect
- No teaching during dysregulation
- Regulate, then repair

Demand detox (first hour)

- No questions, no plans
- No homework talk
- No “quick requests”

Recovery first

- Snack + hydration
- Screen time as decompression tool
- Dim lights / headphones

Connection without pressure

- Body double without talking
- “You don’t have to explain.”
- “We’ll handle it later.”

If there’s aggression

- Create distance + safety
- Lower stimulation
- No consequences mid-storm

Homework later

- Choice: help starting or privacy
- Start with one micro-step
- Stop before overload

Emergency unstick plan

- Reset first: quiet + food
- Then one next step
- Repair and reconnect after